

Teens

Arts/Dance/Enrichment

Babysitting Skills

The skills taught in this course: responsibilities of a good sitter, questions to ask parents, first-aid information, toy safety, characteristics of different age groups and specific care needed for an infant, are helpful to children of all ages who are interested in childcare. The legal age for babysitting is 13, however this is a terrific class for preteens who are interested in being a mother's helper or aide. A certificate is awarded upon successful completion of course.

Ages: 11+

Course #	Day	Date	Time	Fee (R/NR)
17008	F	Oct 7-14	6:15pm-8:45pm	\$38/\$44

Instructor: Carver

Location: Twinbrook Community Recreation Center

Ballet for Teens

Students with five or more years of experience are welcome to join this class and learn advanced ballet techniques. Students with demonstrated proficiency are encouraged to register with the Rockville Civic Ballet. Note: If a participant registers for two or more ballet classes, a \$5 discount may be applied to one class. To receive a discount, registration must be handled by mail, fax or in-person. See Adult Ballet and Children Ballet for more classes. No class 10/3, 10/12, 11/28 & 11/30.

Advanced

Ages: 13+

Course #	Day	Date	Time	Fee (R/NR)
16475	M	Sep 19-Dec 5	5:45pm-7pm	\$70/\$83
16476	W	Sep 21-Dec 7	5:45pm-7pm	\$70/\$83

Instructor: Mangan

Location: Rockcrest Ballet Center and Park

Chess - Teens

Chess is a fun game for all ages. Studies have found that chess will benefit children both academically and socially. Emphasis is on basic principles, visual skills development, score sheet notation, tactical skills, and checkmate positions. Instructor is a trainer for school champions in Maryland. Note: Chess boards and sets are provided for class.

Beginner

Grade: 6-8

Course #	Day	Date	Time	Fee (R/NR)
16576	W	Sep 21-Nov 9	2:50pm-3:50pm	\$49/\$58

Instructor: Del Mundo

Location: Julius West Middle School

Continuing & Intermediate

Grade: 6-8

16944	W	Sep 21-Nov 9	4pm-5:15pm	\$58/\$68
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Instructor: Del Mundo

Location: Julius West Middle School

Girlz & Boyz Club

Calling all girls in grades 6-12! Join a club just for you, full of fun activities, an overnight and a monthly weekend event called Girlz Night Out. YOU help plan the activities...the possibilities are endless! Note: Meetings and outings will be scheduled weekly. There may be nominal fees for some outings. For more information, call 240-314-8634.

Grade: 6-12

Course #	Day	Date	Time	Fee (R/NR)
16671	Th	Sep 8-Nov 24	6pm-9pm	\$5/\$10

Location: Lincoln Park Community Center

High School Lecture Series

Marine Mammals

Ages: 13+

Course #	Day	Date	Time	Fee (R/NR)
16603	Sa	Jan 14	10am-12 noon	\$5/\$6

Location: Croydon Creek Nature Center

Monarch's Migration

Scientists have been studying this regal insect for years. That a butterfly will travel over 2,000 miles and return to the same strand of trees as its predecessor is truly mind boggling.

Ages: 13+

Course #	Day	Date	Time	Fee (R/NR)
16602	Sa	Oct 22	10am-12 noon	\$5/\$6

Location: Croydon Creek Nature Center

Knit Away! *New*

Take time away from TV and learn a new skill. Knitting is a great way to meet people, boost hand-eye coordination, and relax between school and extra-curricular activities. Learn how to cast-on, bind-off, knit, and decrease. Make a sample scarf and small pouch. Note: All materials included in fee.

Grade: 6-8

Course #	Day	Date	Time	Fee (R/NR)
16549	W	Sep 21-Oct 26	2:50pm-3:50pm	\$42/\$49

Instructor: Bahr

Location: Julius West Middle School

Teen Activity Center

Teens in grades 6-12 are invited to drop by the Montrose Community Center on Wednesdays from 6-9 p.m. to take advantage of the recreational equipment such as billiards, table tennis, foosball, Nintendo 64 and Sony Playstation. Refreshments are available for purchase. Teens must complete a health history form. For more information, call 240-314-8634.

Grade: 6-12

Course #	Day	Date	Time	Fee (R/NR)
16672	W	Sep 7-Dec 14	6pm-9pm	\$10/\$15

Location: Montrose Community Center and Park

Teens

Fitness/Wellness

Climbing for Teens

Have your own night at the climbing gym! Take a short safety and belay lesson from our staff and then we'll set you free to scale the walls! You can try out some new moves and experience the hot sport of climbing! We have all the equipment you need-just make sure to tell a friend! Registration deadline is one week prior to the start of class. Drop-in registrations are welcome on a space-available basis.

Ages: 12-18

Course #	Day	Date	Time	Fee (R/NR)
16562	Th	Sep 1	7pm-9pm	\$20/\$25
16563	Th	Oct 6	7pm-9pm	\$20/\$25
16564	Th	Nov 3	7pm-9pm	\$20/\$25
16565	Th	Dec 1	7pm-9pm	\$20/\$25

Location: Climbing Gym

Got 2B Fit! *New*

Have fun exploring different fitness activities such as karate, yoga, indoor rock climbing, cardio kickboxing, hiking, swimming, aerobics, and more. Count your steps to fitness with our walk for fitness program. Make healthy snacks and learn good nutrition habits that will last a lifetime. All fitness levels welcome!

No class 10/4.

Ages: 10-14

Course #	Day	Date	Time	Fee (R/NR)
17025	Tu	Sep 13-Nov 8	2:50pm-3:50pm	\$48/\$56

Location: Robert Frost Middle School

Tennis for Teens

Advanced beginner players work on refining strokes, serve and strategies. Intermediate players work on approach shots, return of serves, lobs and overheads. Note: Participants must provide their own racquets. Balls are provided.

Advanced Beginner

Ages: 11-14

Course #	Day	Date	Time	Fee (R/NR)
17016	Sa	Sep 17-Oct 22	10:30am-11:20am	\$54/\$63

Instructor: Pu

Location: Montrose Community Center and Park

Teen Trips

Registration for all trips begins upon receipt of the guide. One week prior to each trip, a letter with specific information will be mailed to each participant. If you do not receive one, call 240-314-8634. Parent chaperones are welcome but must register and pay.

Teen Trip - Pottery and Lunch

EARLY RELEASE DAY TRIP. Are you creative or artistic? Do you like to make a mess and/or try new things? Join us when we go to the AMAZING ART STUDIO Pottery where you will decorate and then take home a plate, mug or bowl. Afterwards, we'll go to a nearby restaurant for lunch. The cost includes transportation, supervision and pottery instruction/supplies. Bring money for lunch. Pick-up and Drop at Julius West and Robert Frost Middle Schools. Register by: 9/14.

Grade: 6-12

Course #	Day	Date	Time	Fee (R/NR)
16670	W	Sep 28	12 noon-4pm	\$24/\$28

Depart from: Julius West Middle School

Teen Trip - FRIGHT FEST 2005

NO SCHOOL DAY TRIP. Six Flags America will be full of ghosts, goblins and ghouls! Take a ride on the fun (but sometimes scary) Haunted Hay Wagon and Midnight Express Train. Spooky shows and a Trick-or-Treat trail assures a safe and fun holiday for all. Cost includes admission, transportation and supervision. Bring extra money for food. Pick-Up and Drop-off from Robert Frost and Julius West Middle Schools. Register by: 10/7

Grade: 6-12

Course #	Day	Date	Time	Fee (R/NR)
16665	F	Oct 21	4pm-10pm	\$30/\$35

Depart from: Julius West Middle School

Teen Trip - Paint Ball

NO SCHOOL DAY TRIP. Come with us to Outdoor Adventures' Paintball tournament fields filled with many interesting obstacles. Staff will explain how to use all the equipment before we begin. Note: All players must wear a facemask and goggles at all times while on the fields. All games are supervised by experienced referees. Cost includes admission, safety equipment, transportation and supervision. Bring your lunch and extra money for drinks at the lodge. Pick-up and Drop-off from Robert Frost & Julius West Middle Schools. Register by: 10/23.

Grade: 6-12

Course #	Day	Date	Time	Fee (R/NR)
16669	Tu	Sep 7	12 noon-6pm	\$40/\$45

Depart from: Julius West Middle School

Teen Trip - Bowling and Lunch

EARLY RELEASE DAY TRIP - Come with us to the local bowling alley and bowl and eat and enjoy your half-day by having some FUN! Cost includes bowling fee, shoe rental and supervision. Note: Bring extra money for lunch. Pick-up and drop-off from Julius West and Robert Frost Middle Schools. Register by: 10/26.

Grade: 6-12

Course #	Day	Date	Time	Fee (R/NR)
16667	F	Nov 11	12:30pm-4pm	\$15/\$20

Depart from: Julius West Middle School

Teens

Teen Trip - Laser Tag & Lunch

EARLY RELEASE DAY TRIP: Join us on a trip to Shadowlands for an afternoon of live-action laser adventure & arcade games, followed by an entertaining movie at a local theater. Laser Tag is an exciting, interactive game that lets you compete on teams in a high-tech environment full of futuristic fun. Bring money for lunch at a local restaurant. Cost includes admission fees, transportation, and supervision. Pick-up and Drop-off at Robert Frost and Julius West Middle Schools. Register by: 10/27.

Grade: 6-12

Course #	Day	Date	Time	Fee (R/NR)
16666	Th	Nov 10	12:30pm-5pm	\$20/\$25

Depart from: Julius West Middle School

Friday Night Ski Club

Head to Ski Liberty every Friday night for 9 weeks in the comfort of a Coach Bus. Relax and listen to your CD's or watch the movie on your way to and from the slopes. Cost includes supervision, coach bus transportation and the ski package you select. Detailed information will be mailed to you upon registration. Register by: 11/23.

Lift & Lesson Package

Grade: 8-12

Course #	Day	Date	Time	Fee (R/NR)
17084	F	Jan 6-Mar 3	3pm-10:30pm	\$365/\$415

Depart from: Robert Frost Middle School

Lift Only Package

Grade: 8-12

17083	F	Jan 6-Mar 3	3pm-10:30pm	\$320/\$370
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Depart from: Robert Frost Middle School

Lift, Lesson & Rental Package

Grade: 6-12

17085	F	Jan 6-Mar 3	3pm-10:30pm	\$400/\$450
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Depart from: Robert Frost Middle School

Chat Room

This after-school program for grades 6, 7 and 8 has received rave reviews from its members and parents. Participants enjoy computers with Internet access, Sony Playstation, billiards, games, sports, table tennis, clubs, computer games, field trips, craft projects and, of course, homework time! Daily attendance is encouraged but not required. Transportation provided from Julius West and Robert Frost middle schools. Note: Program runs Monday through Friday, 3-6 p.m. On half-days of school, 12 noon-6 p.m. Program is closed on holidays or on days when MCPS schools are closed.

Grade: 6-8

Course #	Day	Date	Time	Fee (R/NR)
15810	M-F	Aug 29-Jun 30	3pm-6pm	\$600/\$750

Location: Elwood Smith Recreation Center and Park

